



**SEATTLE PARKS  
AND RECREATION**

4600 38th Ave S  
Seattle, WA 98118

206-386-1919  
Fax: 206-386-1904

**FALL 2006**

# Rainier

## COMMUNITY CENTER



**NEW!**

**REGISTER ONLINE - it's easy!**

[www.seattle.gov/parks](http://www.seattle.gov/parks)



**SPARC**

## Rainier Community Center

4600 38th Ave South  
Seattle, WA 98118  
Phone: 206-386-1919 Fax 206-386-1904  
TDD Only 206-233-7061

Visit us online at [www.seattle.gov/parks!](http://www.seattle.gov/parks!)

### Hours of operation

Monday & Friday	1 to 9 p.m.
Tuesday – Thursday	11 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday (June 5 – September 11)	Closed

### Late Night Hours

Friday & Saturday 7 p.m. to Midnight

### Program registration

Registration begins Monday, August 14.

### Program dates

September 4 – December 31, 2006

### Holiday closure

Monday, September 4, Labor Day  
Friday, November 10, Veterans' Day Observed  
Thursday, November 23 & Friday, November 24,  
Thanksgiving Holiday  
Monday, December 25, Christmas Day  
Monday, January 1, New Year's Day

### Metro Bus Routes

Routes 7, 39, and 48 stop at Rainier Ave S and  
S Alaska St (one block west of the center).

### Directions

Rainier Community Center is located in Columbia  
City just east of Rainier Avenue South off of South  
Alaska Street next to the Rainier Playfield.

### North or South on I-5:

- Take the Columbian Way Exit (163).
- Head east until you get to 38th Ave S.
- We are on the corner of 38th Ave S & S Alaska St.

### Mission

Seattle Parks and Recreation will work with all  
citizens to be good stewards of our environment,  
and to provide safe and welcoming opportunities to  
play, learn, contemplate and build community.

### E-Brochures are available!

In keeping with our environmental stewardship  
policies, we're trying to reduce the amount of paper  
we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure infor-  
mation online.

### Management Staff

Ken Bounds, Superintendent  
B. J. Brooks, Deputy Superintendent  
Christopher Williams, Parks & Recreation  
Operations Director  
Katie Gray, South Recreation Manager  
Dave Gilbertson, South Senior Coordinator

### Professional Staff

James Bush, Recreation Center Coordinator  
Jennifer Wagner, Asst. Recreation Center  
Coordinator  
Michelle Parker, Maintenance Laborer  
Maya Williams, Out of School Time Director  
Kendra Acklin, Recreation Leader  
Cara Atchison, Teen Development Leader  
Robert Dampier, Recreation Attendant  
Travis Souksamrane, Recreation Attendant

**Recreation Leaders:** William Hopson, Jerry Lyons

**ARC Staff:** Alexis Handley

### Payment

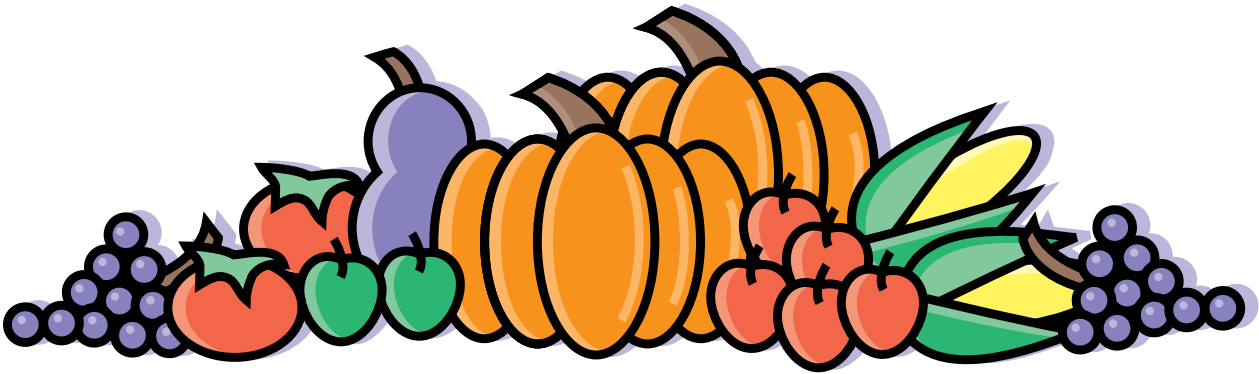
**You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.**

### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Special Events



### Fall Fun Festival

**Fri, Oct 27      6 – 8 p.m.**

Kids ages 1-10 come and enjoy games, arts & crafts and more. Come in costume with a bag to hold all the spooky prizes that they can win.

**Age: 1 to 10**

**FREE**

**Location: Gym #1**

### 2006 Argosy Christmas Ship Festival

Please look for upcoming program dates for Rainier Community Center's Christmas Ship Celebration 2006.

**FREE**

### Rainier Community Center Advisory Council

**Wed, Sep 20 – Thu, Dec 21, 2006**

**You Can Make a Difference**

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables Rainier Community Center to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held once a month on the third Wednesday evening of the month to talk about programs, policies and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Rainier CC at 206.386.1925.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations and contributions to buy, repair, maintain and upgrade program equipment and supplies.

**Age: Adults**

**Location: Multi-Purpose Room**

## Toddlers/Preschoolers

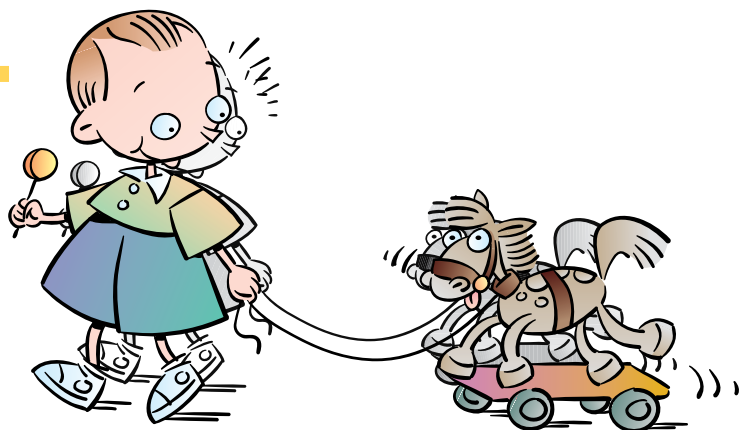
### Indoor Playground

Wed, Dec 6 – Wed, Dec 14, 2005

Rain or shine, come join other families with their toddlers ages 0-5 for indoor playtime.

Age: 0 to 5

Location: Gym #2



## Youth Programs

### Before School (Rainier)

Our before school program is designed to accommodate early work schedules while preparing children for the busy school day ahead. NO TRANSPORTATION is provided. Space is limited! Register now.

Location: Kidzone Room

Mon, Tue, Wed, Thu, Fri 7 – 9 a.m.

Activity Fee: \$160.00,  
2nd Child Discount \$150.00

Before School (Rainier) – Oct. #8792

Before School (Rainier) – Sept. #8791

Before School (Rainier) – Nov. #8793

Before School (Rainier) – Dec. #8794

### After School (Rainier)

Our after school program provides a nutritious snack, homework assistance, fitness activities, arts & crafts, reading and many other activities to keep your child busy. Space is limited! Register now.

Location: Kidzone Room

Mon, Tue, Wed, Thu, Fri 3:30 – 6:30 p.m.

Activity Fee \$245.00, 2nd Child Discount \$235.00

After School (Rainier) – Sept. #8787

After School (Rainier) – Oct. #8788

After School (Rainier) – Nov. #8789

After School (Rainier) – Dec. #8790



### Flag Football

Ages 6 – 14

Flag football is available in four divisions for ages 6-14. Players learn basic skills, team play and sportsmanship needed to participate on a citywide

basis. Players sign up at community centers and are placed on teams. Leagues are formed and games are played in accordance with NFL flag football rules and field dimensions. Play begins on September 24 and concludes on November 18. Practice will be held at community centers.

#### Session 1:

Location: Gym #2

#8762

Mon

4 – 6 p.m.

9/11 – 11/13

Activity Fee: \$35

Ages 6 – 14



## Youth Programs

### Cross Country

**Ages 6 – 14**

Cross Country is held from September through November for ages 6-14. Practices are held twice per week at Lower Woodland Park. Meets take place on Saturdays through December. Sign up at community center.

#### Session 1:

**Location: Outdoor Space**

**#8761 Mon 4 – 6 p.m.**

**9/11 – 11/13**

**Activity Fee: \$35**

**Ages 6 – 14**

### Volleyball

Volleyball is available to athletes ages 10-17 in three different divisions. Players learn basic skills, teamwork and sportsmanship skills needed to participate in league play. Games will begin the week of September 19 and conclude the week of November 14. Sign up at your community center.

**Location: Gym #2**

**#8767 Mon 6 – 7 p.m.**

**9/11 – 11/27**

**Activity Fee: \$35**



### Youth Basketball 2006

**Wed, Nov 1 – Fri, Mar 31, 2006**

That time of the year again! Youth basketball sign up begin Monday, October 8. Boys and girls ages 8-17 can sign

up for the City Wide Basketball league. Practices begin in November. Games will start the first week of January.

**\$60.00**

**Location: Gym 1 / Gym 2**

### TECHNET COMPUTER PROGRAMS

**Tue, Sep 5 – Sun, Dec 31, 2006 2:30 a.m. – 6 p.m.**

**Mon – Fri**

TechNet Programs to begin this fall!/  
 The Associated Recreation Council (ARC) is excited to announce TechNet, the new technology program for middle and high school students. Programming, which will start this fall, will range in scope from homework and project assistance to computer-based recreation programming that supports the academic success of our youth and teens. ARC has partnered with Seattle Public School's Community Learning Centers, operated by Seattle Parks and Recreation and YMCA of Greater Seattle, and Fremont Public Association's JustServe AmeriCorps Team to offer the community program.

The TechNet Program is part of the RecTech Community Technology Center, whose mission is to provide programs that effectively utilize technology for education, recreation and community services for children, youth, adults, and neighborhoods.

Online registration is not available for these programs. Schedules will be located at the Community Center beginning in mid-September. For more information or to suggest program ideas, please contact a staff member at your center or Christina Arcidy, TechNet Program Administrator at 206-233-7017 or [christina.arcidy@seattle.gov](mailto:christina.arcidy@seattle.gov).

**Age: Middle & HS Youth**

**Free**

**Location: Project Compute Lab**

## Teens

### Rainier Teen Council

**Thu, Sep 7 – Sun, Dec 31, 2006**

The Rainier Teen Council consists of teens that strive to make a difference in our community by organizing activities, volunteering at special events and being strong leaders by helping to educate the community about youth issues. The R.T.C. meets the last Thursday of each month from 6 p.m.-7:30 p.m. New members welcome. Come and help make a difference.

**Age: Teens**

**Instructor: Cara Atchison**

**Location: Teen Room**

### Teen Program

**Tue, Sep 5 – Sun, Dec 31, 2006**

The Rainier Teen Program is dedicated to educating and motivating teens to develop leadership and life skills through intergraded developmental assets. Please contact Cara Atchison for additional information.

**Age: 14 to 18**

To participate in teen activities, participants must fill out and keep on file a participant registration form.

**Location: Game Room**

### Service Learning/Community Service

**Tue, Sep 5 – Sun, Dec 31, 2006**

By mandate of the Seattle Public School District, 60 service learning hours are required of all Seattle Public High School students to graduate. If you are interested in service-learning projects or if you have any questions please contact: Ron Mirabueno, Service-learning coordinator at (206) 233-3979.

**Age: High School Students**

### Late Night Teen Fitness Program

**Fri, Sep 8 – Fri, Dec 22, 2006**

The Rainier Teen Program and Late night provide Health and Fitness workshops with trained staff from the Austin Foundation. Strength, conditioning and weight training are the main focus.

**Age: 13 to 18**

**Instructor: Reggie Baker**

**Location: Multi Purpose Room**







### Teens Teaching Teens

Are you interesting in sharing a skill and gaining work experience? Teens Teaching Teens is a wonderful opportunity for youth to plan and prepare themselves for teaching a small class with their peers. Teach a class in Dance, drawing, graffiti art, the possibilities are endless! Service Learning Hours and/or stipends can be provided. Please call Cara Atchison to work on a proposal and share your special skills and talents!

For additional information please contact  
Cara Atchison (206) 684-5421.

**Time: As Scheduled Date: As scheduled**

### 4-H Cooking

A Basic cooking class that will offer an opportunity to enhance your culinary skills. This class will start with basic culinary techniques leading up to a dinner celebration for the student participants and their families.

For additional information please contact  
Cara Atchison (206) 684-5421.

**Time and date : TBA**

### Let's Talk About...

#### Sexual Health For Teens

Rainier Community Center welcomes Aradia Women's Health Center. We will be holding to presentations on sexual health for young men and women. Topics will include

Abstinence

Birth Control

STD

Sexual Health and Hygiene

Teen Question and Answer

For additional information please contact  
Cara Atchison (206) 684-5421.

**October 18th and October 25th 5pm**

#### Teen Parent Support Group

Are you a teen parent looking for support and/or resources? Join other teen parents for family activities and parenting classes for teen parents ages 15-21.

For additional information please contact  
Cara Atchison (206) 684-5421.

**Time and Date: TBA**

## Adults

### Yoga

**Ages 18 – 70**

Enter the new year with a dedication to a healthier you! Build your stamina, improve your circulation, flexibility and range of motion. Enjoy a sense of relaxation through a combination of breathing exercises, postures and strengthening exercises.

**Location: Multi-Purpose Room**

#### Yoga (Saturday Session)

#11079 Sat 10 – 11 a.m.  
9/9 – 12/16

**Activity Fee: \$40**

#### Yoga (Tuesday Session)

Ages 18 – 70  
#11080 Tue 6 – 7 p.m.  
9/5 – 12/19

**Activity Fee: \$40**



### Fitness/ Weight Room

**Tue, Sep 5  
– Sun, Dec 31,  
2006**

Start your NEW  
YEAR off right  
and stick to  
your fitness

goals by visiting our fitness room. Equipment includes free weights and cardio equipment. Fitness room is available during regular community center hours.

**Age: 18 and over**

**Location: Fitness/weight room**



### Meditation

**Tue, Sep 5 – Sun,  
Dec 31, 2006**

Come and learn the practice of Falun Gong (also known as Falun Dafa). A great way to improve your health and state of mind through 5 sets of peaceful, slow moving exercises and medita-

tion. Appropriate for all ages and experience levels.

**Instructor: Tan Truong**

**Location: Multi-purpose room #2**

### Adult Sport Drop-In Fee

**Tue, Sep 5 – Sun, Dec 31, 2006 Mon – Fri**

Beginning January 1, 2005, the City of Seattle will charge an Adult Sport Drop-in fee during all operating hours. The fee is \$2.00 per session for adults and \$1.00 per session for seniors. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.





## Adults

### Adult / Senior Pickleball

Age: 18+

\$2.00 \$1 for seniors 65+. \$20 for adult 10 visit pass or 20 visit senior pass.

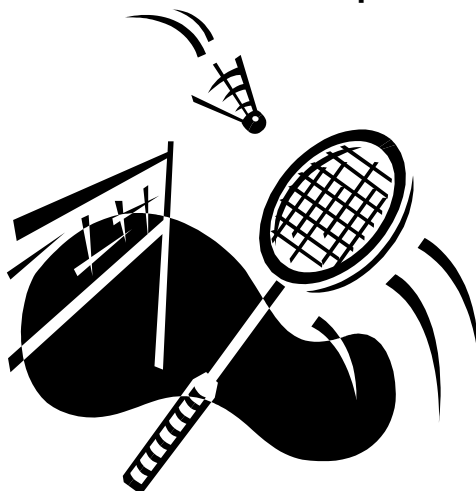
Location: Gym 1

Tue, Sep 5 11 a.m. – 1 p.m. – Wed, Nov 1, 2006  
Mon/Wed

### Adult Badminton

\$2.00 \$1 for seniors 65+. \$20 for adult 10 visit pass or 20 visit senior pass.

Tue, Sep 5 7 – 9 p.m. – Wed, Nov 1, 2006  
Tue/Thu



### Adult Basketball

\$2.00 \$1 for seniors 65+. \$20 for adult 10 visit pass or 20 visit senior pass.

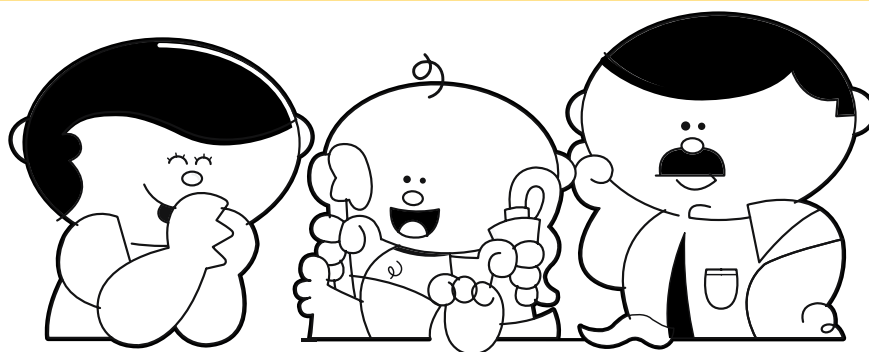
Tue, Sep 5 1 – 3 p.m. – Sun, Dec 31, 2006 Mon – Fri

### Adult Basketball Afternoons

\$2.00 \$1 for seniors 65+. \$20 for adult 10 visit pass or 20 visit senior pass.

Location: Gym 2

## Seniors



### G.A.P. (Grandparents as Parents)

2nd and 4th Tuesday of the month

6-8:30pm September 5-December 19

Nobody really knows what it's like to be a grandparent or other relative raising children! It is a different ballgame from being the natural parent of children. There are unique stresses, pressures and issues to be faced.

### Fall 2006

Free, 2nd & 4th Tuesday of every month.

Instructor: Indiana Allen - Group Facilitator

Location: Multi-purpose

# Fall 2006 Schedule

Sept 4 – Dec 31, 2006

Pool Maintenance Closure November 6 – 19

## Monday & Wednesday (Pool closed Sept 5 & Dec 25)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 7 p.m.	Public Swim (3 lap lanes)
11:30 a.m. – 12:30 p.m.	Stretch & Flex	6:30–7 p.m.	Ad. Stroke Refinement
12:30 – 1:30 p.m.	Water Aerobics	7 – 8:30 p.m.	Lap Swim
4 – 6 p.m.	Youth Lessons	7 – 8 p.m.	Water Aerobics

## Tuesday & Thursday (Pool closed Nov 23)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Exercise	7:30 – 8:30 p.m.	Water Aerobics
4:30 – 7 p.m.	Youth Lessons		

## Friday (Pool closed Nov 10 & 24)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7 p.m.	Public Swim*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7 – 8 p.m.	Water Aerobics
5 – 5:30 p.m.	Youth Lessons		

## Saturday

9 – 10 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9 – 10 a.m.	Water Aerobics	12:30 – 1 p.m.	Adult Lessons
10 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

## Sunday

11 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim (6 Lanes)	2:30 – 4:30 p.m.	Public Swim

## Public Swim **\$3.75/\$2.75**

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end. Lesson participants staying after lessons for public swim must pay fee before lesson. Everyone gets a cool hand stamp!

**MW 6 – 7 p.m. Sat 1:30 – 3:30 p.m.**  
**Fri 5:30 – 7 p.m. Sun 2:30 – 4:30 p.m.**

## Family Swim **\$2 per person**

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool together. This is a year round drop-in

program. All admissions are the special discount price of \$2 per person.

Children under 1 year old are free.

## Sundays

**1:30 – 2:30 p.m.**

## Teen Late Night Free SwimFree!

Please note that the swim schedule is subject to change without notice due to swim meets and/or other unforeseen events. Admission will be on a first-come, first-served basis. Please be prompt; space is limited. Everyone must sign in.

**Free Swim is every other Friday 9 to 10:30 p.m. unless otherwise specified.**

**Age: Teens, 13 – 19 years old**

**Please call 206-386-1944 for specific dates.**

## Swimming Lessons

### Fall 2006 Swim Lesson Times

Class	M/W PM	T/Th PM	Friday	Saturday	Sunday
<b>Tots</b> 6 mos. – 4 yrs.		6 – 6:30		Noon – 12:30	
<b>3 Year Olds</b>	5 – 5:30	5 – 5:30		11:30 – Noon	
<b>Preschool</b>	4 – 4:30	5 – 5:30		10 – 10:30	Noon – 12:30
<b>4 &amp; 5 yrs Lvl 1-3</b>	5 – 5:30	6 – 6:30		11:30 – Noon	
<b>Beginner Youth</b> <b>6 – 16 years</b> <b>Levels 1 to 3</b>	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6 6:30 – 7	5 – 5:30	10:30 – 11	11:30 – Noon
<b>Advanced Youth</b> <b>6-16 yrs Lvl 4-6</b>	5 – 5:30 (A4) 5:30 – 6	5 – 5:30 (A4) 5:30 – 6		11 – 11:30	11 – 11:30
<b>Seniors/Adults</b> <b>16 years &amp; up</b>		7 – 7:30		12:30 – 1	
<b>Swim Team Prep</b>		6 – 6:45			
<b>Youth Fitness</b> <b>Swimming</b>				10 – 11	

**Adult Stroke Refinement** Wed 6:15 – 7



### Swim Lesson Registration Information



Fall Open Registration begins Monday, August 14 for ALL fall classes

Session	Program Dates	New Registration	Classes	Price
<b>I Mon/Wed</b>	Sept 11 – Oct 4	August 14	10	\$50
<b>I Tue/Thu<sup>1</sup></b>	Sept 12– Oct 5	August 14.	10	\$50
<b>I Fri<sup>1</sup></b>	Sept 8 – Nov 3	August 14	9	\$45
<b>I Sat</b>	Sept 9 – Dec 16	August 14	8	\$40
<b>I Sun</b>	Sept 10 – Dec 17	August 14	9	\$45
<b>II Mon/Wed</b>	Oct 9 – Nov 1	August 14	7	\$35
<b>II Tue/Thu</b>	Oct 10 – Nov 2	August 14	8	\$40
<b>III Mon/Wed</b>	Nov 20 – Dec 18	August 14	8	\$40
<b>III Tue/Thu</b>	Nov 21– Dec 19	August 14	8	\$40

<sup>1</sup>No lessons Nov 23 & 24, Thanksgiving



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> grade students in Seattle. This program is available to each child regardless of ability. For more “Learn to Swim” information, please call Rainier Beach Pool at 206-386-1944 or visit our web page at [www.seattle.gov/parks/aquatics/learntoswim.htm](http://www.seattle.gov/parks/aquatics/learntoswim.htm)

## Senior Adults

### Enhance Fitness

Aerobic fitness designed for seniors with the option to use a chair for support. Improve balance and cardiovascular in this low-impact class. Standard preformance used to measure your progress. Group Health Reimbursement. Two days a week recommended. For more information and to register call 684-7484.

**Location: Rainier Community Center  
Multi-Purpose Room**

**#11030                      10/2 – 12/29**

**Mon, Fri                9:15 – 10:15 a.m.**

**Activity Fee: \$48**

### Line Dancing

Intermediate class that fun, eand great exercise. No partner needed.

**Instructor: Paul & Linda Reese**

**Thursdays                1 – 2 p.m.    Oct 5 – Dec 14**

**Fees: \$20.00 quarter**

**Location: Rainier CC**

### Drop-In Pickleball

A terrific game. Fun and exercise in one great package! All Levels.

**Mon – Fri                11 a.m. – 2 p.m.**

**Fees: \$2.00 drop – in (\$1 age 65+)**

**Location: Rainier CC**

### Drop-In Bridge

It's in the cards that you'll have a great time. Drop in programs for the bridge enthusiast.

**Location: Rainier CC**

**Age: 50 +**

**Wednesdays    Noon.-3 p.m.**

**Fees: Free**

### Drop-In Pinochle

New Program! Welcoming all levels of play. Come exercise your mind.

**Location: Rainier CC**

**Tuesdays & Fridays    12 p.m.-3 p.m.**

**Fees: Free**

### Southeast Registration Information Classes/Special Events

Angela P. Smith, Recreation Specialist  
206-684-7484

E-mail: [angelap.smith@seattle.gov](mailto:angelap.smith@seattle.gov)

**Fall Quarter Dates: Oct 2 – Dec 15**

No classes: Friday, November 10; Thursday, November 23; Friday, November 24

Class Registrations: Begin September 18 at 8 a.m. by calling 206-684-7484

All Class Payments: Please make checks payable to: Senior Adult Advisory Council ('SAAC').

Mail payments to: Senior Adult Programs,  
Attn: Angela – SE, 8061 Densmore Ave N,  
Seattle, WA 98103-4436.

Southeast Sector Sites

Rainier CC..... 4600 38th Ave S

### Seniors Making Arts

Please join us for this FREE art class! Whether you are a beginner or just want to build on your experience with this traditional art form, this is the class for you!

### Printmaking, Papermaking, & College

**Dates: Tue, Oct 24-Tue, Dec 12, 2006**

Students create paste paper and use the paper, specialty paper and earlier printing experiments to create collage, mixed media projects, watercolor monoprints, and Easy Kut

**Please call (206) 684-7484 to register.**

### TGIF Meals

Take a break for lunch. Whether your participating in activities, or just want to stop by. Fresh cooked healthy meals will be available at Rainier CC. 4600 38 Ave S. Reservations are greatly appreciated by calling 206-684-7484.

**Fri, Oct 20, Nov 17 & Dec 15    Noon – 1 p.m.**

**Fees: \$3.50**

### Thanksgiving Senior Gathering

**Wed, Nov 15    10:30 a.m. – 1:30 p.m.**

## Senior Adults

### Sound Steps Hikes

Sound Steps is a free walking program for senior adults! Each hike divides into two groups: beginning walkers who can slowly walk 2 hours with breaks, and more experienced walkers. Pick-up at Jefferson CC, Rainier CC, Rainier Beach CC, and SE Seattle Senior Center. To register for hikes, send mail-in registration form to Senior Adult Programs, Attn: Mari Becker. For questions, call Mari at 206-684-4664.

### Old Sauk River Trail

Thu, Sep 28 9 a.m. – 2:30 p.m.  
Fees: Free

### Preston-Snoqualmie Trail

Thu, Oct 26 9 a.m. – 2 p.m.  
Fees: Free

### Franklin Falls

Thu, Nov 30 9 a.m. – 2 p.m.  
Fees: Free

### Rattlesnake Lake

Thu, Dec 14 9 a.m. – 2:30 p.m.  
Fees: Free

### Day Field Trips

#### Japanese Garden

Reg: Sept 19  
Mon, Oct 2 Noon – 4 p.m.  
Fees: \$5.00

#### Issaquah Salmon Days

Reg: Sept 26  
Sat, Oct 7 9 a.m. – 3 p.m.  
Fees: \$6.00

#### Clearwater Casino

Reg: Oct 3  
Tue, Oct 17 9 a.m. – 3:30 p.m.  
Fees: \$7.00

### Chatueau St. Michelle Winery

Reg: March 10  
Tue, Oct 24 9:30 a.m. – 2 p.m.  
Fees: \$6.00

### Mansions & Broadway

Reg: Oct 31  
Tue, Nov 14 9:30 a.m. – 2 p.m.  
Fees: \$3.50

### Holiday Mystery Trip

Reg: Nov 14  
Tue, Nov 28 9:30 a.m. – 2 p.m.  
Fees: \$4.50

### Christmas Ship

Reg: Nov 21  
Tue, Dec 5 5:15 – 10 p.m.  
Fees: \$2.00

### Southeast Trip Registration Information

Make checks payable to: SAAC.

Mail checks to: Senior Adult Programs,  
Attn: Angela – SE, 8061 Densmore Ave N,  
Seattle, WA 98103-4436

Payment must be received 5 working days  
before departure.

Trip Registration: Phone-in only by calling 206-684-7484 at 8 a.m. on the date listed for each trip. Leave your name, phone number, and pick-up site. You can sign up yourself and one other person. You'll only be called back if you're on the wait list. All trip times, costs, and destinations are subject to change.

Pick-up Sites:

Rainier CC.....4600 38th Ave S

Pickup 10 minutes before time listed

***Trip registrations begin at 8 a.m. on  
date listed. Call 206-684-7484***

**You can make a difference!**

The Rainier Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Rainier's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Rainier Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Ian Hallock at 206-386-1919.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

**Suggestions**

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

**Interested in teaching?**

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

**Anti-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

**Accommodation for people with disabilities**

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

**Rentals**

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/reservations/Facrentalguide.htm>).

**More information**

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

**Fees and charges**

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

**Waiting lists**

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

**Class cancellations**

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

**Confirmations**

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



# Seattle Parks And Recreation Program Registration Form

## in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



**SEATTLE PARKS  
AND RECREATION**

### Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

### Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: \_\_\_\_\_  
Last First MI

Sex: Male Female  
 (Circle One)

(ADULT) Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email Address: \_\_\_\_\_  
mm/dd/yyyy

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_ ZIP: \_\_\_\_\_

Phone - eve: (\_\_\_\_) \_\_\_\_\_ day: (\_\_\_\_) \_\_\_\_\_ other: (\_\_\_\_) \_\_\_\_\_

Family Emergency Contact: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Name Phone Relation

☐ **PARTICIPANT** info differs from above. How does it differ? \_\_\_\_\_

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 <sup>ST</sup> CHOICE		ALTERNATE		
				DATE(S)	START TIME	DATE(S)	START TIME	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
<b>TOTAL</b>								

### How would you like to pay?

Person making payment \_\_\_\_\_  
(required for proper refunding)

**PLEASE INCLUDE  
PAYMENT**

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # \_\_\_\_\_

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref#) \_\_\_\_\_

For mail-in only  
 Card #: \_\_\_\_\_ Expires: \_\_\_\_\_  
 Name as it appears on card: \_\_\_\_\_  
 Signature: \_\_\_\_\_

**ASSUMPTION OF RISK AND RELEASE:** I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**For Office Use Only:**

# Community Phone Numbers

## Recreation Information

Public Information . . . . . 684-4075  
Compliments/Concerns . . . . 684-4837  
Ballfield Rainout Hotline . . . 233-0055  
Citywide Teen  
    Program Advocate . . . . . 684-7136  
Environmental Stewardship.. 733-9701  
Field/Tennis Court Scheduling.. 684-4077  
Group Field/Tennis Court  
    Scheduling . . . . . 684-4082  
Picnic Scheduling . . . . . 684-8021  
Teen TREC Program. . . . . 684-7097

## Sports Information

Amy Yee Tennis Center . . . . . 684-4764  
Citywide Adult Athletics. . . . 684-7092  
Citywide Youth Athletics. . . . 684-7091  
Field/Tennis Court Scheduling.. 684-4077  
Group Field/Tennis Court  
    Scheduling . . . . . 684-4082

## School Information

African American Academy . . . 252-6650  
Aki Kurose. . . . . 252-7700  
Asa Mercer . . . . . 252-8000  
Cleveland . . . . . 252-7800  
Dearborn Park. . . . . 252-6930  
Franklin. . . . . 252-6150  
Hawthorne. . . . . 252-7210  
John Muir . . . . . 252-7400  
St. Edwards . . . . . 725-1774  
Thurgood Marshall . . . . . 252-2800  
Transportation. . . . . 252-0900  
Whitworth.. . . . . 252-7560

## Special Programs

Senior Adult Programs  
    Citywide . . . . . 684-4951  
    Southeast.. . . . . 684-7484  
Special Populations  
    (Youth/Adult) . . . . . 684-4950

## Special Interests

Aquarium . . . . . 386-4320  
Woodland Park Zoo . . . . . 684-4800  
Green Lake  
    Small Craft Center . . . . . 684-4074  
Mt Baker Rowing  
    & Sailing Center . . . . . 386-1913  
Daybreak Star  
    Cultural Arts Center . . . . 285-4425  
Langston Hughes  
    Performing Arts Center . 684-4757  
Camp Long Environmental  
    Learning Center. . . . . 684-7434  
Carkeek Park Environmental  
    Learning Center. . . . . 684-0877  
Discovery Park Environmental  
    Learning Center. . . . . 386-4236  
Seward Park Environmental  
    Learning Center. . . . . 684-4396



## Community Services

Columbia Health Clinic . . . . . 296-4650  
Metro Transit Rider Info. . . . 553-3000  
Police — Non-emergency . . . 625-5011  
Police — Southeast Precinct 386-1850  
Rainier Chamber of Commerce 725-2010  
Rainier Cultural Arts Center. 725-4197  
Southeast Neighborhood  
    Service Center. . . . . 386-1931  
Southeast Youth  
    & Family Services . . . . . 721-5542

## Community Centers

Alki . . . . . 684-7430  
Ballard. . . . . 684-4093  
Bitter Lake . . . . . 684-7524  
Delridge . . . . . 684-7423  
Discovery Park . . . . . 386-4236  
Garfield . . . . . 684-4788  
Green Lake . . . . . 684-0780  
Hiawatha . . . . . 684-7441  
Highpoint . . . . . 684-7422  
Jefferson . . . . . 684-7481  
Laurelhurst . . . . . 684-7529  
Loyal Heights . . . . . 684-4052  
Magnolia. . . . . 386-4235  
Meadowbrook . . . . . 684-7522  
Miller . . . . . 684-4753  
Montlake. . . . . 684-4736  
Northgate . . . . . 386-4283  
Queen Anne . . . . . 386-4240  
Rainier. . . . . 386-1919  
Rainier Beach . . . . . 386-1925  
Ravenna-Eckstein.. . . . . 684-7534  
Sand Point. . . . . 684-4946  
South Park. . . . . 684-7451  
Southwest.. . . . . 684-7438  
Van Asselt.. . . . . 386-1921  
Yesler . . . . . 386-1245

## Swimming Pools

Ballard. . . . . 684-4094  
Evans . . . . . 684-4961  
Madison . . . . . 684-4979  
Meadowbrook . . . . . 684-4989  
Medgar Evers . . . . . 684-4766  
Queen Anne . . . . . 386-4282  
Rainier Beach . . . . . 386-1944  
Southwest.. . . . . 684-7440  
Colman (Summer only). . . . . 684-7494  
Mounger (Summer only).. . . 684-4708

Rainier Community Center  
4600 38th Ave S  
Seattle, WA 98118-1673

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